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**WOK THIS WAY IF** YOU'RE HUNGRY LUNCH RUSH GOES MASALA (page 19)



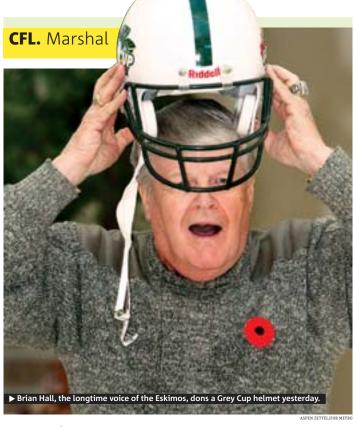
BROKE **BANKRUPTCY FOR SPENCER AND** HEIDI? {page 12}

**EDMONTON** 

Thursday, November 4, 2010 www.metronews.ca



News worth sharing.



# Now, if the Esks could just get in the game

Edmonton Eskimos broadcaster Brian Hall accepted the role of marshal for the 2010 Grey Cup parade.

# **B.C.** premier steps down

Gordon Campbell resigns in wake of tax fallout (page 6)

# **Flexing some** mind muscle

Megamind a new spin on the superhero genre (page 10)

# Indy could be headed south

• Costs outweigh benefits, city says as race is cancelled ▶ IRL event may find a home in Calgary ◆ Airport redevelopment is Edmonton's top priority, official says

After Edmonton was officially scratched from the Indy Racing League schedule, officials confirmed yesterday Calgary is

on its list of potential race suitors.

IRL commercial division president Terry Angstadt said Calgary has been in mind for some time now.

"Probably three or four or maybe even five years ago, a couple members of our team took a look at Calgary specifically with a specific promoter at the time, and (it's) clearly a great, great market," said Angstadt.

He said the goal would be to keep racing in Canada, adding Calgary, Vancouver or somewhere in Quebec are the options being weighed.

The city confirmed yesterday that it will be putting the brakes on the 2011 Edmonton Indy, according to the city's

Share your thoughts online at edmontonletters

### **Cost-benefit**

- According to reports, the final cost to the city could have reached nearly \$21 million.
- Estimated economic spinoffs for the Edmonton Indy were about \$80 million.

chief financial officer.

"It's a business decision at the end of the day, both for them and for us," said Lorna Rosen.

"We just couldn't make the money work.

Normand Prieur, spokesperson for Montreal-based race promoter Octane management, said a decision on location will have to be made quickly if they want to have a race in 2011.

"Time is running, there's no doubt. It's already a bad situation. We didn't want that situation to take place but we've been forced to do it," he said.

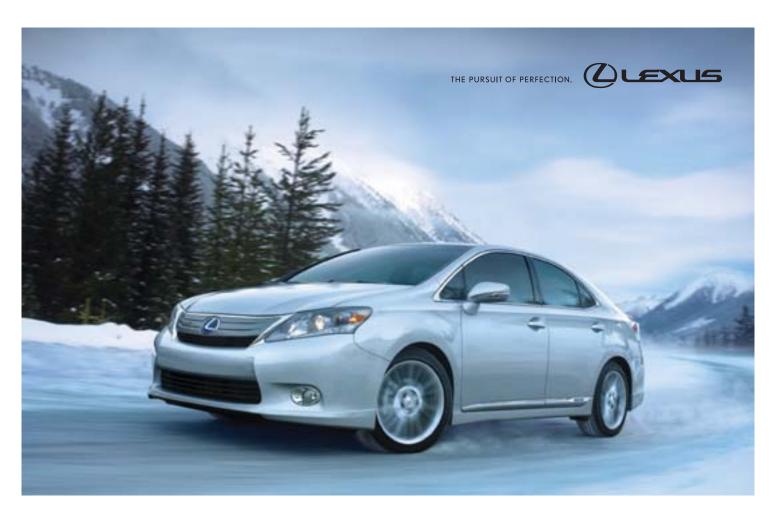
♠ KATIE TURNER, WITH FILES FROM ANDREAS MORSE RACEWAY COULD REAP BENEFITS, PAGE 3

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# Can raceway satisfy the need for speed?

# ▶ With the Edmonton Indy gone, fans now have a one-track mind when it comes to racing

While the Edmonton Indy lost the city millions of dollars over its brief history, Castrol Raceway has quietly been drawing thousands of race fans to a venue that's widely considered top class.

Rob Reeves is the president and co-owner of Castrol Raceway and a passionate race fan. Reeves has owned the track for 13 years and is now the only game in town.

Reeves said he gets about 200,000 in attendance every year and only sees that number increasing now that the Indy is gone. "We have some week-

"We have some weekend events when we get 20,000 or 30,000 people out there," he said. "When you host that kind of race (Indy), it just takes so much away from all the other racing you do. We run 66 events a year and they run

#### **Attendance**

- Attendance at the Edmonton Indy has decreased every year, according to Coun. Kim Krushell.
- Castrol Raceway president Rob Reeves said Castrol has seen increases in attendance every year until recently due to the economy, but "we still had a good year," he said.

one."

Reeves has had conversations with the city in the past about moving the Indy to Castrol but nothing came of it.

"The problem with temporary venues is they can't make money," Reeves said. "Just to build it up every year and tear it down costs a couple million (dollars)."

Castrol Raceway holds events between May and September. • ANDREAS MORSE



# Fires strike car, kitchen

A full inspection might have been a good idea for Michelle Papineau-Couture's vintage VW Bug during a routine mechanical repair appointment yesterday afternoon.

After the appointment, Papineau-Couture noticed smoke coming from her engine and pulled over to investigate when it burst into flames. She ran her five-week-old baby into a nearby house and called the fire department, which

responded and extir guished the fire.

Meanwhile, an Edmonton male suffered minor injuries and was taken to hospital yesterday morning after fire crews put out a blaze in a basement kitchen.

The fire — sparked by a short circuit from an old microwave — caused an estimated \$100,000 worth of damage to the home at 110 Avenue and 153 Street.

METRO



# **News in brief**

# Man accused of underage solicitation

CRIME. A 47-year-old man has been charged for allegedly attempting to solicit sex from girls between the ages of nine and 18. Francesco Pagliuso is facing four counts of procuring under 18 years for prostitution, one count of procuring over 18 years for prostitution and one count of criminal harassment.

# Grandmother admitted to shooting: Testimony

COURT. Brian Semenovich testified in court yesterday his grandmother admitted to him she had shot her husband. Anne Semenovich pleaded not guilty to charges of first-degree murder and indecent interference with human remains.





Experts ask if UN troops are behind Haiti's lethal cholera ou break. Scan code for story.

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On the web at metronews.ca

Why is it so easy for politicians to get themselves in trouble on Twitter? More at metronews.ca/ spindoctor



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# Pot advocate optimistic over attitude shifts

Marijuana decriminalized in California, not legalized • Activists say it would have been step in right direction



Despite Proposition 19 to outright legalize marijuana — going up in smoke in California on Tuesday, a local pot advocate said certain U.S. states are on the right track when it comes to marijuana laws.

Keith Fagin, founder and director of Alberta 420, said marijuana should be regulated and taxed just like cigarettes and alcohol, and the focus should be on education and treatment rather than prosecution.

"Throwing people in jail and destroying families over a plant is not work-



ing. It hasn't worked and it won't work," Fagin said.

"Drug policies do need to be changed. They need to be based on science and facts and not on ideology

and morality.'

have passed medical marijuana laws. Canada has them as well.

But north of the border, the federal government is debating passing a law that would see minimum sentences handed out to people caught with a certain amount of plants.

"To give these kids a criminal record over their whole lifetime over possessing a joint is insane," he said.

"I don't like kids consuming pot or cigarettes, or anything for that matter. But we have to be truthful and we have to educate.

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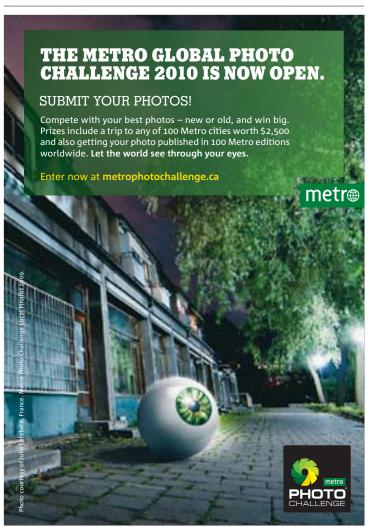
- Review all distribution locations within the city (boxes and dealers) for accuracy and quality
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- Strong reporting skills using Microsoft Word and Microsoft Excel
- Strong computer and email skills
- Excellent communication skills
- Ability to work at irregular hours (some evening work required)
- Assertive self-starter with own vehicle
- An adequate team player with an adaptable attitude

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than November 15, 2010. PLEASE QUOTE: "DISTRIBUTION AUDITOR - EDMONTON" in the subject line. All submissions will be treated as confidential.







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# KKK costume wasn't criminal, just stupid: **Ontario** police

A Ku Klux Klan costume awarded first prize at a Halloween party at a Royal Canadian Legion was "poor judgment," but not criminal, police said yesterday.

A man dressed in a KKK robe, with hood and a Confederate flag, led another man in blackface around by a rope tied in a noose around his neck at the party in Campbellford, Ont., Saturday,

A witness said the act was awarded top honours.



"I find it appalling, but it's not something that's indicative of our community." TRENT HILLS MAYOR

HECTOR MACMILLAN

OPP Const. Chris Dewsbury said police received a complaint and launched an investigation.

So far, it seems unlikely criminal charges will be laid, but the investigation is ongoing, Dewsbury said.

"It would appear that this is simply a case of poor judgment," he said.

Legion branch president Joy Herrington has said she apologizes and the events at the party in no way reflect the views of the branch or its members.

Patricia Varga, Dominion president of the Royal Canadian Legion said: "I am satisfied the president (of the) Ontario command of the legion has handled this matter in a forthright and speedy manner."

"Once the investigation has been completed, the legion will take the necessary actions based on its bylaws," she added.

THE CANADIAN PRESS



# Standing proud in a white-out wonderland

Today's photo of the day is by Canadian Bensonkua and was submitted in the Favourite Spot category. The photo is titled: Freshly Fallen. Enter your photos today and view more pictures at metrophotochallenge.ca.



# **Doomed by** a tax, B.C.'s premier falls on his sword

Campbell says 'it's time for a change' after disaster over HST

British Columbia Premier, Gordon Campbell is stepping down.

His announcement follows the disastrous introduction of the harmonized sales tax.

Campbell said he has asked for a leadership convention as soon as possible because voter anger over the tax has bogged down his government.

"Āfter considerable soul searching and discussion with my family, I've decided to ask the B.C. Liberal party executive to hold a leadership convention at the earliest possible date to elect a new leader of the party," said Campbell, 62. "When public debate becomes focused on one

person, as opposed to what's in the best interests of the province of British Columbia, we've lost sight of what is important.
"When that happens,

it's time for a change," Campbell said.

The introduction of the HST has been a disaster for

"Politics can be a very nasty business." GORDON CAMPBELL

the B.C. Liberals.

Campbell's popularity is dropped into the has dropped single digits for the first time in three terms.

What began as grumbling about the combined tax grew to a roar.

B.C.'s unique petition act opened the door for expremier Bill Vander Zalm to mount a hugely successful campaign against the tax, gathering more than a half-million signatures the across province. THE CANADIAN PRESS

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# From a galaxy far far away to 3-D reality

Scientists say they have taken a big step toward displaying live video in three dimensions — a technology far beyond 3-D movies and more like the Star Wars scene where a ghostly Princess Leia

image pleads, "Help me, Obi-Wan Kenobi."

In that classic movie. the audience sees her back before a new camera perspective shows her face.

Such a wraparound view of a moving image was just fantasy in the 1977 film, but now?

"It is actually very, very close to reality. We have demonstrated the concept that it works. It's no longer something that is science fiction," said Nass-

er Peyghambarian of the University of Arizona.

Peyghambarian figures his team can produce a true 3-D video screen that might reach living rooms in perhaps a decade. THE ASSOCIATED PRESS

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# **Microsoft takes** Xbox up a notch

No controller needed Took more than a dozen years of research • Voice and movement recognition

Gamers may be drawn to Xbox's Kinect by the lure of putting down a controller and orchestrating the action on screen themselves.

The Kinect sensor, which goes on sale today for \$149.99, will have gamers gyrating in front of a screen as they negotiate roaring rapids, spike a volleyball, bust a move, tickle a tiger or burn some calories.

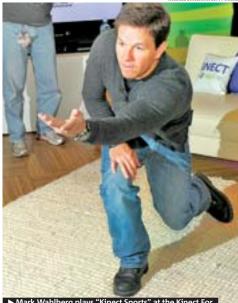
All without a controller. thanks to Kinect's sensor, which translates body movement into game ac-

But Microsoft sees the bigger picture with Kinect, bringing voice recognition and a new form of technological interaction into the living room.

Kinect creative director Kudo Tsunoda sees it as "just the very first baby step" into a fully immersive experience where you interact with a virtual world in the same way you do in your regular life.

Games can respond to the player's voice or movement, remember who he or she is and react accordingly.

Besides the innovations we can bring with Kinect in the short term, there really is a much bigger picture where Kinect is going, not just on Xbox but just in



how human beings interact with technology all across the board," Tsunoda enthused in an interview.

"I think people building new technologies or new ways to play games is al-ways good, that's fun stuff for everybody," he said diplomatically in Kinect's gleaming downtown Toronto showcase storefront Tuesday.

But he sees Kinect as "fundamentally a different way for people to be interacting with any kind of device." THE CANADIAN PRESS

Market

moment

u.s. interest rates

# **Fed buys** up bonds

The U.S. Federal Reserve announced a bold plan vesterday to try to invigorate the economy by buying \$600 billion US more in Treasury bonds.

The Fed said it would buy about \$75 billion a month in long-term government bonds through the middle of

2011 to further drive down interest rates on mortgages and other

The idea is for cheaper loans to get people to spend more and stimulate hiring.
The Fed said it will

monitor whether adjustments are needed depending on how the economy is performing.

Some worry the Fed action will do little to boost the economy because interest rates are already historically low. THE ASSOCIATED PRESS

# Former CEO **Best to** to appeal

Ottawa Senators owner Eugene Melnyk is appealing an Ontario Securities Commission ruling that found he acted contrary to the public interest in 2003 while he was CEO of Biovail

THE CANADIAN PRESS

# travel light on WestJet

WestJet Airlines Ltd. will charge travellers a checked baggage fee in a search for new revenue sources as it begins to pay a dividend to shareholders for the first time in its his10.3 Natural gas 1,000 cu. ft. (– 3.4¢) Gold contracts

79¢ US

(\$84.69 US)

The Calgary-based air-line will begin charging a \$20 fee for a second checked bag on flights on or after Jan. 19. "This will enable us to

maintain and gain cost efficiency and allow us to continue to be the low fare leader in all of our markets," said Gregg Saretsky, WestJet's president and CEO. THE CANADIAN PRESS

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# MEN AGAINST DIVE DATING IS HERE FOR YOU



When you get divorced, you go to some dark, disturbing places. I went to a cougar bar.

t's been two years since my marriage ended and my decision-making skills in the immediate aftermath were sometimes lacking. I showed the high dating standards of Bret Michaels, the long-term planning skills of a goldfish, and the general intelligence of a farm-fresh potato.

Fortunately, my sojourns into seedy bars were not successful. There's nothing like waking up in the morning and doing a little celebratory dance when you realize you're alone.

And now that I am sane again I have a higher purpose: To warn recent divorcees that the answers

to their problems are NOT in bars. I plan to call it Men Against Dive Dating, unless there's some sort of unforeseen legal problem.

I'll give speeches at places where male divorcees gather — laundromats mostly — and tell people my troubling but inspirational story.

So here goes: I went to a cougar bar called Crocodile Rock.

All you really need to know about the place is that when I mentioned the bar during a

standup routine it evoked instant laughter. The exception was the night I was performing for a bunch of ball-cap wearing drunks. That night it evoked hoots of approval.

Crocodile Rock is known as the Cougar Capital of Canada. So

"I'll give speeches

at places where

male divorcees

laundromats

mostly — and tell

people my

troubling but

inspirational

story."

gather -

I thought, "I'm 32. A cougar is just a contemporary, right?" Wrong. First of all, I did

First of all, I did not fit in. I'm not the kind of person who can walk into a dance club by himself and strut around like he owns the place. Most of the guys there were 80 per cent shoulders, 15 per cent hair gel, and five per cent

sense of smug self-satisfaction. On some nights I'm 45 per

On some nights I'm 45 per cent crippling neuroses just for starters. I can't compete.

Second, I didn't realize there's a sliding scale of cougar. If some-body my age goes to a cougar bar I'm not leaving with anybody younger than 66. And the Liver-Spotted Toothless Cougar is a species you do not want to mess with. The gum marks aren't much, but the press-on nails can Lill

I left drunker and, if possible, more alone

more alone.
Yes, it's a sad story, but the important thing is I survived to tell it. And I plan to bring a simple message to divorced men everywhere: Cougar's just another word for nothing left to lose. Men Against Dive Dating is here for



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

DER

# Online pharmacy warning

# GORDON LANGUAGE SIGNS PRESIGNS

# Worth mentioning

Health Canada is warning consumers about the potential risks of buying prescription drugs online from certain websites, which are offering medications not authorized for sale in Canada and thought to be counterfeit.

Those websites are: www.northdrugmart.com, www.northdrugstore.com and www.pharmacy-rxworld.com. Health Canada has identified products on these websites that contain references to brand names and resemble drugs that are authorized to be sold in Canada.

"This may lead consumers to believe they are purchasing drugs that



have been reviewed for safety, efficacy and quality by Health Canada," the department said yesterday.

"It is important to note that counterfeit drugs may contain no active or unsuitable ingredients, or dangerous additives. To this end, counterfeit drugs may pose a higher risk than other forms of unauthorized drugs."

Prescription products that have been approved for sale in other countries, or generic products purporting to be the equivalent of authorized products, must still be reviewed by Health Canada and receive their own market authorization or product licence before they may be sold in Canada. THECANADIAN PRESS

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# Metro Minute with High Society

Prance on down to the John L. Haar Theatre tonight as the MacEwan Theatre Arts Program presonts High Society

ents High Society.

Long Island socialite Tracy Lord faces comic difficulties right before her second marriage, as her father, her ex-husband and two undercover Spy Magazine reporters all drop by to complicate her seeming-

ly simple decision to marry a rich but boring man.

Bridget Ryan directs the second-year theatre arts and production students in this Cole Porter-scored musical adaptation of The Philadelphia Story.

The show starts at 7:30 p.m. Tickets can be purchased at the door or in advance at Tix on the Square.



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**News in brief** 

Taylor Swift fans have

spoken — more than a million times.

The country pop

superstar sold more

than 1 million copies

Speak Now to debut

at the top of the Bill-board album chart

Billboard.com said

yesterday that it's the biggest debut since 50

Cent's The Massacre

According to

Nielsen SoundScan

figures, Speak Now

sold 1,047,000 copies

since it was released

on tour with Cirque Du Soliel

THE ASSOCIATED PRESS

five years ago.

last week.

of her new album

this week.

# New spin on the superhero genre

- Megamind director says collaboration with actors key to film's success • Animated flick focuses on bad guy, and has a true love story at its core
- Tina Fey, left, and Will Farrell, right, star in Megamind.



Filmmaker Tom McGrath

"That's why we had the cast we do — to be partners and collaborators," said the director recently in Los Angeles. "I would say 30 per cent of what you hear in the scene is impro-... we'd get three (jokes) for every line that's as funny as was written."

With stars like Will Ferrell and Tina Fey on board, Megamind was definitely "Animation is one of the hardest things for an actor to do. Everyone of these guys jumped in, instantly became the character and it's a sight to behold and I had the best seat in the house."

MEGAMIND DIRECTOR TOM MCGRATH

in safe hands. Meanwhile, an original spin on the superhero genre, McGrath (Madagascar) expertly weaves a tale about a supervillian with a colossal cranium (Ferrell) that sets out to conquer dependable do-gooder Metro Man (Brad

"(It's mostly about) the layers underneath these characters we all know and the superhero-genre," explained McGrath, down-

keep the movie and the comedy coming exclusive-ly from the characters."

Superman.

(Space Dad) looks more like Ted Kennedy than Mar-

lon Brando but Will saw the design for this character and thought 'I'd like to try kind of a lispy Marlon Brando'," said McGrath. "We were laughing so hard in the recording booth ... we knew it would work."

Another element Mc-Grath realized would be an attribute was allowing Ferrell and Tina Fey to record together - surprisingly unusual for most animated films

but at the heart of it is a very intimate love story and that's where casting came invaluable with Tina and Will," said McGrath. "At the end of the day, it's a great contrast.'

# Canadian celebs join It **Gets Better** campaign

A group of Canadian celebrities, businesspeople, politicians and athletes including Rick Mercer and Mark Tewksbury have joined the "It Gets Better" viral campaign, aimed at young victims of anti-gay bullying.

Columnist Dan Savage launched the movement in September following the high-profile suicides of several gay teens who were the victims of bullying.

A new 12-minute video featuring Canadian personalities hit the web on Tuesday

Others involved in the project include ballet dancer Rex Harrington, politician George Smitherman and the cast of MTV's 1 Girl, 5 Gays.

Some recall their own harrowing experiences with high-school bullying, while others discuss when they came out. The campaign, in which celebrities talk about how much life has improved in the years since high school, is designed to give hope to youngsters.

The video ends with the contact information for the LGBT Youth Line and the Kids Help Phone.

Prior contributors to the international campaign include Ellen DeGeneres, Anne Hathaway, Neil Patrick Harris, Katy Perry, Rob Thomas and U.S. President Barack Obama.

THE CANADIAN PRESS





says he never lost control of Megamind — even when his actors began adlibbing in the recording

playing that Megamind is straight parody. "There were a couple things we referenced but we tried to

One notable reference is Space Dad, a hilarious character that clearly spoofs Marlon Brando's version of Jor-El in 1978's

"It's a superhero movie

For those without a Metro the forecast calls for "I dunno," with a slight chance of "huhhhh?"



# THE NOVEMBER TO REMEMBER-**2010 CLEAR-OUT EVENT**



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# Heidi, Spencer spent \$10M, now bankrupt

▶ Reality stars said they expected The Hills would have lasted a few more years
▶ Spent nearly \$3M trying to launch Montag's career as a singer

In their quest to stay in the spotlight, Heidi Montag and Spencer Pratt say they blew threw \$10 million and are now broke and considering bankruptcy, they tell Life & Style. "We were immature, worrying too much about the famous part instead of the actual business part," Pratt says. "We thought the Hills was going to be like 90210 and we'd have another five to 10 years."

The couple claims they spent \$35,000 a month on their rented Malibu home, \$3 million on studio and producer fees in an attempt to launch Montag's music career and hundreds of thou-

sands of dollars on her plastic surgery. They say they now owe the IRS \$2 million. "We spoke with a bankruptcy attorney and I've looked into unemployment checks," Pratt says. © METRO





# Brooke mad at Charlie

Brooke Mueller is reportedly furious at Charlie Sheen for blindsiding her with his divorce filing this week, as they were planning on doing it together when he was done with probation, according to TMZ. "She didn't want to make trouble for Charlie," Mueller's attorney, Sorrell Trope,

# Pressure got to Demi: Dad

Demi Lovato's father is speaking out about the Disney star's decision to entering a treatment centre, telling Radar Online it was the pressures of Hollywood that got to her. "There are a lot of pressures," Patrick Lovato says. METRO

# Spears wants lawsuit heard in private court

Britney Spears' lawyers are trying to get the case filed against her by a former bodyguard moved to a more private court because they fear Fernando Flores will use a public forum to extort a settlement out of the singer, according to TMZ.

"There is a real possibility that Ms. Spears will be exposed to danger by the release of confidential and personal information," they claim in new court documents.

Flores has accused Spears of exposing herself to him and making multiple unwanted sexual advances while he was working for her. • METRO



# Celebrity tweets



Armstrong
[@lancearmstrong] The media reporting that most people don't trust what they read....in the media. Classic.



Perry [@katy perry] I've not been

bitten by a spider. I'll file this 1 in the ever growing cabinet of false information that has been at it's PEAK as of late...



MC
Hammer
[@MCHammer] I see a
lot of dudes

passing around the pic of me in the speedos.. Equal Rights For All!!! You got my support!!!

# Sylvester Stallone [@TheSly Stallone] The Rock could eventually

replace me after having been drafted into the EXPENDADABLES Along with new young blood. Suggestions? 

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# Lanvin made for the public

With shoppers and the fashion media waiting with bated breath, the countdown to the day Alber Elbaz's collection for H&M hits stores begins
 Here's a sneak preview of what to expect



As the release date for the Lanvin for H&M collection draws nearer, the Swedish chain reveals more details about what is shaping up to be fashion's most anticipated high/low collaboration yet.

Based on the looks revealed so far, shoppers can expect a greatest hits type collection of the house's trademark, thoroughly modern statement dresses, bold cocktail jewelry, and embellished handbags at affordable prices.

Lanvin creative director Alber Elbaz believes that these types of partnerships are the future of fashion.

"I love the idea of H&M going luxury rather than Lanvin going public," he says in a press statement provided by H&M.

"It's about extremes: very high and very low. It's not about bridges; they are the first to collapse," he adds.

It's hard to believe this is all coming from the same man who just last year told The New Yorker magazine that he wouldn't design a lower-priced line to complement Lanvin.

"I have a problem to do a collection that is a secondary line. I mean, you don't want to be the stepsister. You want to be Cinderella. Show me one girl who wants to be the stepsister," he said.

So does the H&M line reveal an overall change of mind?

Fingers crossed that it does. In the meantime, shoppers will at least have Nov. 20, the day it all hits stores in Toronto and Vancouver, to look forward to.

"I have a problem to do a collection that is a secondary line. I mean, you don't want to be the step sister. You want to be Cinderella."

LANVIN CREATIVE DIRECTOR, ALBER ELBAZ





# Pay lip service

# THE KIT

From Christina Hendricks' come-hither crimson to Emily Blunt's resplendent rouge, red lips are among this season's hottest trends. Here, we show you how to avoid the cardinal sins and go scarlet in style:

# Choose the right shade

According to makeup artist Charlotte Willer of Maybelline New York, the best way to meet your lipstick match is to test shades on your fingertips. "They're the closest to the colour of your lips," she said.

## Prime your canvas

A flaky finish will spoil the look, so exfoliate first by gently buffing lips with a washcloth, then moisturize with eye cream. By the time you finish the rest of your face, the cream will be absorbed and your lips will be ready for colour.

# Make one makeup statement at a time

While red lips may be in this season, the "clown" look is not, so if you're going red, keep the rest of your makeup minimal by sticking to neutral eyeshadow and blush shades.

THE KIT is Canada's beauty authority and first-ever digital beauty magazine. Subscribe for free at thekit.ca.

# **Up and down**

#### **Bieber Fever**

Justin Bieber is releasing a new unisex fragrance called, My World, which will hit stores later this





# Guerlain

The legendary cosmetics and perfume brand has been mired in scandal after Jean-Paul Guerlain used the French equivalent of the N-word on television.



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# Deck the halls, done right

• Karl Lohnes tackles the dos and don'ts of holiday decor • Scattered collectibles are out; elegant groupings are in



# DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA



Is it too early to start planning, organizing and decorating for Christmas?

Not in my books! I've already started researching all the holiday decor trends (which you will hear about over the next few weeks), penciling in holiday party dates and thinking about all the locations where I can place the tree in the house this year.

Tomorrow, I land at the Jasper Park Lodge to attend a two-week event called Christmas In November, which will get me completely pumped about entertaining and decorating for the holidays.

When I finally land home from being in "the land of a million Christmas trees," I'll be pumped to get the house decorated and the parties will then start  For free, daily decorating lessons, follow Karl on Twitter at: twitter/karllohnesCTV

Here's an early buzz list to get you thinking about the holidays. It's my list of common Holiday Decorating Mistakes; what not to do if you want to impress.

Don't scatter holiday cards and collections. Placing your itsy-bitsy collectibles all over the house just looks messy. **DO**: The collectible holiday

**DO:** The collectible holiday bells, angels and

snowmen will look much more impressive if you group them together in a tight collection. Use your mantel, sideboard or floating shelf and tightly group your collections.

Don't buy a too-short tree. Choose a tree that is no more than one foot shorter than the ceilings. Anything shorter will look wimpy.

**DO:** If you want to give a short tree some height, place the tree on a sidetable covered with a festive tablecloth or Christmas wrap. If you

live in a small space, consider putting a full-sized tree outside on the balcony and decorate with outdoor ornaments and lights.

Don't use wimpy garlands and wreaths. Most storebought garlands are thinlooking and need some beefing up.

**DO:** Add a second garland rope to it or add artificial greens to the garland or a skimpy looking wreath. Fuller, lush and fresh looking is better! If you live in a condo, consider hanging your wreath on the inside

of your condo door so you can see it more often.

Don't display bowls of candies, chocolates and nuts as decoration. Honestly, I don't like dusting off my chocolates before eating and guessing whether your dog licked over the candy bowl (and you know it did!)

**DO:** If you want to create a holiday display on your coffee table, use fresh items like lemons, pomegranates, and tangerines. They'll not only add colour but wonderful aroma to the room.

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# Dream your reno into reality

# Designer Jackie Morra guides inspired decorators through her process

Clients often tell me that they have a very hard time getting started on a new renovation or decorating project. But it's not as difficult as it seems if you follow the process I used for my own bedroom renovation.

How to find inspiration? The best way to find inspiration is by gathering photos of spaces you love from magazines, websites or visiting showrooms to see varying materials for texture, colour and styles.

How to start a decor project? Create a simple plan of your expectations then start to review materials, timelines and a budget. Be organized and focus on one area at a time until it is completed. The layout of a space involves the correct placement of furniture and accessories and should take into account scale, flow and focal points. A room should have one or two focal points such as windows, accent walls or artwork.

How to decide on a colour scheme? Paint creates big impact; the right colours will pull everything together and complement any style. Start looking for colour cues by reviewing decor items you love and get direction from an area rug or fabric, noting the three main colours used.

How do I decide on flooring?

The floor area sets the tone and feel, and is the second largest space next to the walls. Research the right product for your lifestyle. The key to longevity is to take into consideration quality, the look you want and installation. The flooring used in my bedroom renovation, for instance, is Torlys Cork Plank, Vintage Block Chai. It was actually the inspiration for this space because I fell in love with the comfort, warmth

and the many environmental benefits of the floor. Visit torlys.com for more information.

How do I get help? Get three quotes from contractors and suppliers confirmed in writing with specific timelines and costs by project so there are no surprises and it allows you to get unique ideas. Trust your instincts and make sure you are working with someone that shares your vision.

Jackie Morra, is a certified Interior Decorator and owner of Home Decor Solutions, Toronto.

NEWS CANADA

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# Tearing down those walls

# Owners of older-style houses want the flexibility of an open plan

If your home was built within the last decade, odds are it was designed with an open plan. The kitchen flows seamlessly into the family room, and few walls separate the living and dining areas.

But what if your home is a bit older? In the '70s and '80s, houses were built with a separate living room, separate small dining area and a kitchen walled off from the rest, says Ellen Goode, professor of interior design at Meredith College in Raleigh, N.C. Phrases like "formal dining room" and "breakfast room" and "breakfast nook" were selling points.

Today, many owners of those houses want the flexibility of an open plan and are knocking down walls to get it. Kitchens are frequently merged with other rooms to create a larger, more inviting family area.

The kitchen is the hub the household," Paul J. Zuch, president of the National Association of the Remodeling Industry.

"Kids are doing homework ... mom wants to keep an eye on the kids when they're on the Internet." Also, busy families are trying to spend time together when they're home."

Another reason walls in older homes are coming down is because beds, sofas and other possessions are larger than they were a generation ago, says Dorcas Helfant, past president of the National Association of Realtors

"We want big screens," she says, "and we need space to sit back far enough from the screen.'

Knocking down a wall may seem pretty easy, and it can be. But doing the demolition and rebuilding, and figuring out how to decorate the new combined space, can be compli-cated, says Vern Yip, designer for HGTV's Urban

Planning is vital, he says. And as potential DIY projects go, this one is best left to a professional.

▶ This photo released by Interworks LLC and Designer's Edge shows a remodelled home that includes a more open



#### Challenges and costs

Demolishing a wall doesn't have to be expensive or complicated, assuming nothing is hidden inside. But it's likely there is some mix of electrical wiring, heating ducts, plumbing, even sewer and gas lines snaking through the wall's interior.

Those items will need to be rerouted. And new electrical outlets will need to

haps in the floor, to make up for any that are removed.

Another potential cost: Walls originally built be-fore 1978 probably have a base layer of lead paint. Even if they've been repainted since then, the removal must be done in compliance with safety guidelines. A certified remodeller

and remove it properly. A load-bearing wall (which kitchen walls often are) will have to be replaced with architectural columns or some other type of support. So it's wise to have the wall assessed by an expert before doing any demolition.

# Design implications

From a design perspective,



knocking down a wall brings opportunity and a few hurdles.

"A home always seems much larger with fewer walls, even though you haven't expanded your exterior envelope," says Yip. "You open the possibility of more natural light pouring into parts that previously couldn't access natural light."

But once a wall is down, "you don't have Space A separated from Space B, so it all needs to work together," he says.

A kitchen and family room may both need to be redecorated if they're now connected.

Furniture can be used to delineate specific areas, but homeowners may not know how to accomplish that. "I see this all the time: I don't know where to put my sofa, don't know where to put my TV because you've removed all your interior walls," says Yip.

Goode Goode says partial-height walls or standing screens can help avoid a barn-like feeling and make areas more distinct.

One strategy Yip likes: Lay out your furniture as if you've already removed the wall, or sketch out a space plan on a piece of paper so you actually know this is going to work for VOU." THE ASSOCIATED PRESS



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# Walk this way to Masala Wok

# **LUNCH RUSH**

CHRISTOPHER THRALL

FOOD@METRONEWS.CA



closest competitor with its endless row of buffet tureens — is right across the parking lot. How could a little restaurant offer a lunch buffet to compete? At Masala Wok, they

manage just fine.
At only \$11.99, their shorter buffet table offers cuisine in a league of its own. Indo-Chinese dishes merge the best features of two beloved culinary traditions into meals rich, delicate or sometimes just plain hot!

Deep-fried samosa. pakora and spring rolls are savoured best with the delicate tamarind and mint sauces. Stir-fried hakka noodles with shrimp, chicken and vegetables were a huge hit for the kids, and I sampled Manchurian paneer in gravy: Spicy, though not hot, the Middle Eastern cheese was firm and luscious in its dark red pool.

I consider it my obligation to sample the butter chicken in every East Indian restaurant. It was fantastic — I tore strips of soft naan bread to pinch the tender morsels from the tomato-y sauce.

I considered the sweet Timbit-like gulab juman in syrup or the kheer rice pudding, but was defeated. I would be back for a mango lassi (\$3.99) and dessert at another time - now I had to roll myself back to



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Quoted



"KG called me a cancer patient, I'm pissed because, u know how many people died from cancer, and he's tossing it like it's a joke."

A TWEET FROM PISTON CHARLE VILLANUEVA ON REMARKS HE EXCHANGED WITH KEVIN GARNETT. VILLANUEVA SUFFERS FROM ALOPECIA UNIVERSALIS, A MEDICAL CONDITION THAT RESULTS IN HAIR LOSS.

"My comment to Charlie Villanueva was in fact, 'You are cancerous to your team and our league." KEVIN GARNETT, WHO

KEVIN GARNETT, WHO
CLAIMED VILLANUEVA
MISUNDERSTOOD
WHAT HE SAID.





San Francisco celebrates its conquering heroes

Tens of thousands of baseball fans flocked downtown yesterday to toast the San Francisco Giants' World Series championship and see their hometown heroes take a victory lap in a ticker-tape parade reminiscent of the one held when the team moved west from New York 52 years ago. Under a sunny sky, confetti rained on team members and civic dignitaries as they rode down the parade route in convertibles and cable cars on wheels.

# Jays GM ready to roll the dice

• Playing it safe won't be enough for Toronto to compete in AL East, Anthopoulos says

Alex Anthopoulos can pinpoint the exact moment his mindset as general manager of the Toronto Blue Jays changed.

The instant when the "light bulb went off" came during a conversation with Cincinnati Reds GM Walt Jocketty during spring training in March.

Anthopoulos was digesting the decision to give Cuban shortstop Adeiny Hechavarria \$10 million US over four years.

Weeks earlier, Jocketty had outbid Anthopoulos for another Cuban, lefthander Aroldis Chapman, and praised him for accepting the risk in signing Hechavarria.

"He said, 'That's how you're going to get better, you're going to get better if you take a shot, you're going to have to take a shot at times,'" Anthopoulos recalled during a recent interview.

"I looked back at my offseason, trade talks, dialogue ... and I just found myself being so much more conservative than I needed to be or wanted to be."

The main takeaway for

"Even though we made trades (last off-season) ... I still felt like I could have been more aggressive, I could have been a little bit more daring."

ALEX ANTHOPOULOS, JAYS GM

Anthopoulos as he heads into his second off-season as GM is that while risk shouldn't be embraced recklessly, it's OK to swing and miss once in a while if the potential reward is

worthwhile.

Since he believes playing it safe won't help the Blue Jays overcome the New York Yankees, Boston Red Sox and Tampa Bay Rays, they must find other ways to close the gap in the American League East, and taking more calculated gambles is one way to accomplish that

accomplish that.

"If we're going to do what everyone else is going to do in this division, we have no chance of getting better," said Anthopoulos.

"If it's the easy decision

and everything lines up, the I's are dotted and T's are crossed, well everyone is going to look to do it and you're probably not going to be able to do what you want to do.

"We're going to have to take chances at times and make moves that may open us for criticism, but we also have to look at the upside of the moves. They may backfire and may not work, but if they hit, we're going to do really well.

"And that's how we're

"And that's how we're going to get better."
THE CANADIAN PRESS

# Titans grab Moss off NFL scrap heap

The Tennessee Titans have claimed wide receiver Randy Moss off the waiver wire.

Tennessee passed on Moss in the 1998 NFL draft, choosing instead to take Kevin Dyson. Moss can help a team that has not won a playoff game since January 2004, and saw receiver Kenny Britt hurt his right hamstring last week, ruling him out of the Titans' game Nov. 14 at Miami.

All Pro running back Chris Johnson had been lobbying for the Titans to pick

THE ASSOCIATED PRESS

# Phaneuf gone till December

Toronto Maple Leafs captain Dion Phaneuf is out four to six weeks after surgery to repair a "significant" cut on his left leg

cant" cut on his left leg.

The 25-year-old defenceman was injured in Tuesday's 3-2 loss to Ottawa.

THE CANADIAN PRESS

# Guerrero's option goes unexercised

The Texas Rangers did not exercise a \$9-million US option for Vladimir Guerrero yesterday, although the American League champions could still bring the slugger back next season.

Guerrero gets a \$1-million buyout under the

agreement he signed before last season. General manager Jon Daniels said the option was a way to ensure some extra money for Guerrero this season.

Daniels said that the team has already spoken to Guerrero and his agent. THE ASSOCIATED PRESS

## **EASTERN CONFERENCE**

	GP	VV	L	OIL	SL	Gŀ	GA	Pts	Home	Away	Last 10	Strk
d-Washington	12	8	4	0	0	39	29	16	5-1-0-0	3-3-0-0	7-3-0-0	W2
d-Philadelphia	12	7	4	1	0	37	29	15	5-3-0-0	2-1-1-0	6-4-0-0	W4
d-Montreal	12	7	4	1	0	29	28	15	3-2-1-0	4-2-0-0	6-3-1-0	L2
Tampa Bay	10	7	2	1	0	35	30	15	3-1-1-0	4-1-0-0	7-2-1-0	W2
Boston	9	7	2	0	0	29	13	14	2-2-0-0	5-0-0-0	7-2-0-0	W3
Atlanta	12	6	4	1	1	40	43	14	2-2-0-0	4-2-1-1	5-3-1-1	W1
NY Rangers	11	6	4	1	0	34	32	13	2-3-1-0	4-1-0-0	5-4-1-0	W2
Pittsburgh	13	6	6	1	0	37	33	13	2-4-0-0	4-2-1-0	5-4-1-0	L1
Carolina	12	6	6	0	0	34	35	12	2-2-0-0	4-4-0-0	4-6-0-0	W1
Toronto	12	5	5	1	1	29	31	12	3-3-1-0	2-2-0-1	3-5-1-1	L4
Ottawa	12	5	6	1	0	29	37	11	3-3-0-0	2-3-1-0	5-4-1-0	W1
NY Islanders	12	4	6	1	1	33	44	10	2-1-0-1	2-5-1-0	3-6-1-0	L5
New Jersey	14	4	9	1	0	25	45	9	0-4-1-0	4-5-0-0	3-7-0-0	W1
Florida	10	4	6	0	0	27	25	8	2-2-0-0	2-4-0-0	4-6-0-0	L1
Buffalo	13	3	8	2	0	32	43	8	0-5-1-0	3-3-1-0	2-6-2-0	L4
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#### WESTERN CONFERENCE

	GP	w	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Str
d-Los Angeles	11	8	3	0	0	34	25	16	4-0-0-0	4-3-0-0	7-3-0-0	W2
d-Detroit	10	7	2	0	1	32	25	15	4-1-0-1	3-1-0-0	7-2-0-1	W2
d-Vancouver	11	6	3	0	2	31	27	14	5-0-0-1	1-3-0-1	6-3-0-1	W
Chicago	15	7	7	1	0	44	45	15	4-3-0-0	3-2-1-0	5-5-0-0	L
St. Louis	9	6	1	1	1	26	17	14	5-0-0-0	1-1-1-1	6-1-1-1	W
Dallas	11	7	4	0	0	37	29	14	4-3-0-0	3-1-0-0	6-4-0-0	W2
Columbus	11	7	4	0	0	25	29	14	4-3-0-0	3-1-0-0	7-3-0-0	W1
Nashville	10	5	2	3	0	23	25	13	2-1-3-0	3-1-0-0	5-2-3-0	La
Colorado	11	6	4	1	0	39	39	13	2-2-0-0	4-2-1-0	5-4-1-0	W2
Minnesota	11	5	4	0	2	27	27	12	4-3-0-1	1-1-0-1	5-3-0-2	W.
Calgary	12	6	6	0	0	34	36	12	4-4-0-0	2-2-0-0	5-5-0-0	L
San Jose	10	5	3	2	0	29	26	11	2-2-1-0	3-2-0-0	5-4-1-0	L
Phoenix	10	3	4	3	0	23	39	9	1-2-2-0	2-2-1-0	3-4-3-0	LI
Anaheim	12	4	7	0	1	29	42	9	2-1-0-1	2-6-0-0	4-5-0-1	La
Edmonton	10	3	5	0	2	31	37	8	2-3-0-0	1-2-0-2	3-5-0-2	L

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results Boston 5 Buffalo 2 Washington 5 Toronto 4 (SO) Carolina 7 N.Y. Islanders 2 Atlanta 4 Florida 3 New Jersey 5 Chicago 3 Dallas 5 Pittsburgh 3 Detroit 2 Calgary 1

Minnesota 1 San Jose 0 Ottawa 3 Toronto 2 Vancouver 4 Edmonton 3 Tonight's games (All times Eastern)

N.Y. Rangers at Philadelphia, 7 p.m. Columbus at Atlanta, 7 p.m. N.Y. Islanders at Ottawa, 7:30 p.m. San Jose at St. Louis, 8 p.m. Vancouver at Colorado, 9 p.m. Tampa Bay at Los Angeles, 10:30 p.m.

# CAPITALS 5, LEAFS 4 (SO)

Nashville at Phoenix

Tampa Bay at Anaheim Tuesday's results Columbus 3 Montreal 0

First Period
1. Toronto, Kulemin 3 (Grabovski, Gunnarsson)
14:29
Penalties — Orr Tor, King Wash (fighting)

6:45, Semin Wash (slashing) 19:05. Second Period

2. Washington, Green 2 (Semin, Ovechkin)

3. Washington, Chimera 3 (B.Gordon, Bradley) 10:35

10:35
4. Washington, Fleischmann 4 (Carlson, Laich)
11:28
Penalties — Schenn Tor (tripping) 4:33, Semin
Wash (hooking) 12:29, Steckel Wash (delay of
game) 15:57, Schenn Tor (boarding) 19:51. Third Period

5. Toronto, Brown 1 (Kaberle, Mitchell) 4:14 6. Toronto, Versteeg 2 (Komisarek) 5:02 7. Toronto, Bozak 2 (Kaberle, Versteeg) 7:17

(pp) 8. Washington, Semin 7 (Laich, Ovechkin)

8. Washington, Semin 7 (Laich, Ovechkin) 14:22 (pp) Penalties — Fehr Wash (tripping) 6:28, Lebda Tor (cross-checking) 13:44. Overtime — No Scoring. Penalty — MacArthur Tor (slashing) 1:55.

Shootout — Washington wins 2-0 Toronto (0) — Kessel, miss; Kulemin, miss. Washington (2) - Backstrom, miss; Ovechkin,

goal; Semin, goal, Goal — Toronto: Gustavsson (1.1-2-1): Washington: Neuvirth (W,8-3-0). Power plays (goals-chances) — Toronto: 1-4; Washington: 2-4.

Att. — 18,398 (18,398) at Washington.

WINGS 2, FLAMES 1

First Period
1. Calgary, Giordano 1 (Iginla, Tanguay) 15:58

Penalties — Stuart Det (interference) 1:23, Ericsson Det (hooking) 5:03, Giordano Cal (hold-ing) 7:03, Conroy Cal (double high-sticking) 13:04. Franzen Det (hoarding) 14:51. Lidst Det (hooking) 15:10, Glencross Cal (hooking)

Second Period
2. Detroit, Modano 2 (Cleary, Stuart) 1:54
3. Detroit, Abdelkader 1 (Datsyuk, Lidstrom)

Stuart Det (unsportsmanlike conduct), Iginla Cal (cross-checking, unsportsmanlike conduct)

Third Period — No Scoring. Penalties — Jackman, Cal (cross-checking) 9:42, Salei Det (double high-sticking) 12:55,

9:42, Salei Det (double high-sticking) 12:55, Tanguay Cal (tripping) 19:09.

Shots

Detroit 12 9 12

Galgary 6 7 4

Goal — Detroit: Howard (W,5-0-1); Calgary: Kiprusoff (L,5-5-0). Power plays (goals-chances) — Detroit: 0-7; Calgary: 1-7.

Att. — 19,289 (19,289) at Calgary.

#### SCORING LEADERS

G	Α	PT
9	10	19
10	6	16
9	7	16
6	9	15
5	10	15
4	11	15
3	11	14
t's games		
	10 9 6 5	10 6 9 7 6 9 5 10 4 11 3 11

## **NBA**

# EASTERN CONFERENCE ATLANTIC DIVISION

ATLANTIC DIVISION									
	W	L	Pct	GB					
Boston	4	1	.800	_					
New Jersey	2	2	.500	11/2					
New York	1	2	.333	2					
Toronto	1	3	.250	21/2					
Philadelphia	1	4	.200	3					
SOUTHEAST	DIVISION								
Atlanta	5	0	1.000	_					
Miami	4	1	.800	1					
Orlando	2	1	.667	2					
Washington	1	2	.333	3					
Charlotte	1	3	.250	31/2					
CENTRAL DIV	ISION								
Chicago	2	1	.667	_					
Indiana	2	2	.500	1/2					
Cleveland	1	3	.250	11/2					
Milwaukee	1	4	.200	2					
Detroit	0	5	.000	3					

#### WESTERN CONFEDENCE

WEST ENTITION ENLINCE										
SOUTHWEST I	IOISIVIS	V								
	W	L	Pct	GB						
New Orleans	4	0	1.000	_						
Dallas	3	1	.750	1						
San Antonio	2	1	.667	11/2						
Memphis	2	2	.500	2						
Houston	0	4	.000	4						
NORTHWEST I	DIVISIO	N								
Portland	4	1	.800	_						
Oklahoma City	2	1	.667	1						
Denver	2	2	.500	11/2						
Utah	2	2	.500	11/2						
Minnesota	1	4	.200	3						
PACIFIC DIVISI	ON									

0 1.000 1 .750 1 .667 I.A. Lakers Sacramento Golden State

Last night's results

Last night's results
Atlanta 94, Detroit 85
Charlotte 85, New Jersey 83
Charlotte 85, New Jersey 83
Orlando 128, Minnesota 86
Philadelphia 101, Indiana 75
Boston 105, Milwaukee 102 (OT)
New Orleans 107, Houston 99
Dallas 102, Denver 101
Usha 125 Tornoto 108
San Antonio at Phoenix
Memphis at Golden State
Oklahoma City at L.A. Clippers
LA. Lakers at Sacramento
Tuesday's results
Atlanta 100, Cleveland 88

Atlanta 100, Cleveland 88 Washington 116, Philadelphia 115, OT Boston 109, Detroit 86 Miami 129, Minnesota 97

Orlando at New York, ppd. Portland 90, Milwaukee 76 L.A. Lakers 124, Memphis 105

New York at Chicago, 8 p.m. Oklahoma City at Portland, 10:30 p.m.

#### JAZZ 125, RAPTORS 108

JRL2 L23, RAF 10R3 10R5 TORONTO (108) Kleiza 2-6 0-0 4, R.Evans 1-3 2-6 4, Bargnani 8-19 8-9 26, Jack 5-11 4-4 14, DeRozan 6-10 3-3 16, Calderon 0-2 3-2 42, Barbosa 3-8 3-4 9, Weems 7-13 9-10 23, Johnson 2-3 0-0 4, An-dersen 0-1 2-2 2, Dorsey 2-2 0-0 4, Totals 36-79 33-42 108.

dersen 0-1 2-2 2, Dorsey 2-2 0-0 4. Totals 36-7933-42 108.

UTAH (125)

Kirilenko 4-6 2-4 10, Millisap 10-16 1-1 21, Jefferson 12-20 3-3 27, Williams 7-14 8-9 22, Bell 2-64-4 9, Milles 7-12 0-0 19, Price 4-6 2-2 11.

Elson 2-3 2-7 6, Watson 0-0 0-0 0, Hayward 0-20-0 0. Totals 48-85 22-25 125.

Toronto 22 25 37 24 108

Utah 41 25 25 34 125

- Polit Goals—Toronto 3-13 (Bargnani 2-3, DeRozan 1-3, Kleiza 0-1, Barbosa 0-1, Calderon 0-1, Weems 0-1, Jakc 0-3), Utah 7-16 (Miles 5-6, Bell 1-2, Price 1-2, Kirilenko 0-1, Hayward 0-1, Williams 10, Poluel Out 0-Hone. Rebounds—Toronto 49 (Bargnani 9), Utah 43 (Williams 14), Total Fouls Toronto 25, Utah 28. Technicals—Toronto 16 Jack 4), Utah 30 (Williams 14), Total Fouls—Toronto 25, Utah 28. Technicals—Toronto (19911) at Salt three second 2, A—17,802 (19,911) at Salt Lake City, Utah

## SOCCER

LEAGUE

# **EUROPEAN CHAMPIONS**

Top two teams in each group advance THIRD-PLACE TEAMS ADVANCE TO EU-ROPA LEAGUE (Home teams listed first) GP W D L GF GA PTS 4 2 1 1 12 8 7 4 2 1 1 11 8 7 4 1 2 1 6 7 5 4 0 2 2 3 9 2

GP W D L GF GA PTS 4 3 0 1 9 5 9 4 2 1 1 5 2 7 Benfica Hapoel Tel Aviv GROUP C

Manchester Utd Valencia Glasgow Rangers Buraspor GROUP D **GP W D L GF GA PTS** 4 2 2 0 9 3 8

Barcelona Copenhagen Rubin Kazar

GP W D L GF GA PTS 4 4 0 0 111 3 12 4 2 0 2 6 8 6 4 1 0 3 7 8 3 4 1 0 3 5 10 3 x-Bavern Munich Cluj c-advanced to second round

Yesterday's results Basel 2, AS Roma 3 Cluj 0, Bayern Munich 4 GROUP F

GP W D L GF GA PTS
4 4 0 0 0 12 2 12
4 2 0 2 8 3 6
4 2 0 2 5 6 6
4 0 0 4 1 15 0 -x-Chelsea 4 4 0 Marseille 4 2 0 Spartak Moscow 4 2 0 0 Spartak Moscow 4 2 0 0 0 x-advanced to second round Yesterday's results Chelsea 4, Spartak Moscow 1 Zilina 0, Marseille 7 GROUP 6 P W D

x-Real Madrid AC Milan Ajax Auxerre x-advanced to second round

Yesterday's results Auxerre 2, Aiax 1 AC Milan 2, Real Madrid 2 GROUP H

Partizan Belgrade 0, Braga 1 Shakhtar Donetsk 2, Arsenal 1

# **MLS PLAYOFFS**

FIRST ROUND (two-game aggregate goal total) EASTERN CONFERENCE

EASTERN CONFERENCE
New York vs. San Jose
(New York leads series 1-0)
Tonight's game
Second Leg
San Jose at New York, 8 p.m.
Columbus vs. Colorado
(Colorado leads series 1-0)
Saturday's game
Second Leg

Saturday s ..... Second Leg Thrado at Columbus, 4 p.m. Los Angeles vs. Seattle (Los Angeles leads series 1-0)

(Los Angeles leads series 1-0) Sunday's game Second Leg Seattle at Los Angeles, 9 p.m. Real Salt Lake vs. FC Dallas (FC Dallas leads series 2-1) Saturday's game Second Leg Dallas at Real Salt Lake, 10 p.m.

# **TRANSACTIONS**

#### BASEBALL

AMERICAN LEAGUE
BOSTON RED SOX — Announced 3B Adrian
Beltre has declined his 2011 option.
CLEVELAND INDIANS — Assigned INF Wes
Hodges, OF Chad Huffman and INF Drew Sutton outright to Columbus (IL). Claimed INF
Carlos River of fraviers from Philadelphia.
OAKLAND ATHLETICS — Exercised 2011 options on 2B Mark Ellis and OF Coco Crisp. De clined to exercise their option on 3B Eric

clined to exercise their opurorisms.

SEATTLE MARINERS — Declined 2011 options on LHP Erik Bedard, DH Russell Branyan and Bl Jose Lopez.

TAMPR BAY RAYS — Declined 2011 options on IMF Willy Aybar and RHP Dan Wheeler. Selected the contract of UT Elliot Johnson from Durham (IL).

TEXAS RANGERS — Declined the 2011 mutual option on DH Valdmir Guerrero.

NATIONAL LEAGUE
ARIZONA DIAMONIDACKS — Claimed RHP
Brian Sweenpo off walvers from Seattle.
ATLANTA BRAVES — Claimed INF/OF Joe
Mather of five walvers from St. Louis.
CHICAGO CUBS — Named Pat Listach broadch and Dave Keller major league staff assistant. Announced lowa (PCL) manager Ryne
Sandberg will not return next season.
CINCINNATI REDS — Exercised 2011 options
on RHP Bronson Arroya and Dr Jonny Gomes.
Declined to exercise 2011 options on SS Orlando
Cabrera and RHP Aaron Harang,
FLORIDA MARLINS — Signed manager Edwin
Addriauce to a contract extension through

Rodriguez to a contract extension through next season. Named Perry Hill first-base and infield coach and Jeffrey Urgelles bullpen coor-

dinator.
LOS ANGELES DODGERS — Exercised a mutual 2011 option on OF Scott Podsednik. Declined to exercise a 2011 option on C Brad Australia

MUS.
NEW YORK METS — Exercised their 2011 option on SS Jose Reyes. Selected the contract of RHP Manny Alvarez from Buffalo LL, of TRHP Manny Alvarez from Buffalo LL, of TRHP MINE MEMORY Agreed to terms with LHP WIL Ledezma on a one-year contract. Reinstated RHP Ross Olhelandro, RHP Jose Ascanio and 1B Steve Pearce from the 60-day DL Reinstated LB Jeff Clement from the 60-day DL and assigned him outright to Indianapolis (IL). Assigned RHP Sean Gallagher, RHP Steven Jackson, OF Brandon Moss and LHP Justin Thomas outright to Indianapolis WASHINGTON NATIONALS — Declined their 2011 option on 2B Adam Kennedy. 2011 option on 2B Adam Kennedy

# **FOOTBALL**

NFL

LEAGUE OFFICE — Fined Tennessee S Donnie

Nickey \$2,500 for coming in contact with referee Bill Leavy during Sunday's game against

San Diego. Fined Philadelphia LB Ernie Sims
\$50,000 for striking a defenseless receiver
during the Oct. 24 game against Tennessee.
BUFFALD BILLS — Claimed LB Shawne Merriman off Waivers from San Diego.
CAROLINA PANTHERS — Claimed LB Jason
Williams off waivers from Dallas. Released LB
Abdul Hodge.
MINNESOTA VIKINGS — Activated WR Sidney
Rice from the physically-unable-to-perform list.
PITTSBURGH STEELERS — Signed DE Sunny
Harris to the practice squad.
SEATILE SEAHAWKS — Signed WR Rwell
Martin, DE Jay Richardson and C Chris White.
TENNESSEE TITANS — Claimed WR Randy
Moss off waivers from Minnesota.

HOCKEY

# NHL

NHL

ANAHEIM DUCKS — Recalled RW Kyle
Palmieri from Syracuse (AHL).

LOS ANGELES KINGS — Assigned D Jake
Muzzin to Manchester (AHL).
MINNESOTA WILD — Reassigned LW Colton
Gillies to Houston (AHL).
MONTREAL CANADIENS — Reassigned F
Hunter Bishop to Wheeling (ECHL).
ST. LOUIS BLUES — Placed D Carlo Colaicovo
on injured reserve. Recalled D Nathan Oystrick
from Peoria (AHL).
TORONTO MAPI E LFAFS — Recalled D Kor TORONTO MAPLE LEAFS - Recalled D Ko-

# AMERICAN CONFERENCE

	•••				
<b>W</b> 6 5 4 0	L 1 2 3 7	0 0 0 0	Pct .857 .714 .571 .000	PF 205 159 133 131	15 11 14 21
5 4 4	2 3 4	0 0 0	.714 .625 .571 .500	193 224 170 165	14 15 19 22
5 5 2 2	2 2 5 5	0 0 0	.714 .714 .286 .286	149 147 118 146	12 10 14 16
5 4 3 2	2 4 5 6	0 0 0	.714 .500 .375 .250	163 212 210 154	12 16 17 22
	W 6 5 4 0 5 5 4 4 4 5 5 5 2 2	W L 6 1 2 4 3 7 7 5 2 3 3 4 4 4 4 5 2 2 5 5 2 5 5 2 4 3 5 5	W L T 6 1 0 0 7 0 0 7 0 0 7 0 0 5 2 0 0 4 3 0 4 4 0 0 0 2 5 0 0 5 2 5 0 0 5 2 5 0 0 5 2 5 0 0 5 2 5 0 0 5 2 5 0 0 5 2 5 0 0 5 5 2 0 0 5 5 0 0 5 5 0 0 5 5 0 0 5 5 0 0 0 5 0	6 1 0 857 5 2 0 714 4 3 0 571 5 2 0 77 0 .000 5 2 0 .714 5 3 0 .625 4 3 0 .571 5 3 0 .625 4 3 0 .571 5 2 0 .714 5 2 0 .714 3 5 0 .305	W L T Pet PF 6 1 3857 205 5 2 0 7.14 159 3 0 .525 224 4 3 0 5.71 133 5 3 0 .625 224 4 3 0 5.71 170 4 4 0 .500 165 5 2 0 .714 149 5 2 0 .714 149 5 2 0 .714 149 5 2 0 .714 149 5 2 0 .724 149 3 2 0 .724 149 3 0 .724 149 3 2 0 .724 149 3 0 .724 14

Delivei	~	U	U	.270	1)4	44.
NATIONAL	CO	NFI	ERE	NCE		
EAST						
N.Y. Giants Philadelphia Washington Dallas	W 5 4 4 1	2 3 4 6	0 0 0 0	Pct .714 .571 .500 .143	PF 175 172 155 154	153 153 170 183
SOUTH						
Atlanta Tampa Bay New Orleans Carolina	5 5 5	2 2 3 6	0 0 0	.714 .714 .625 .143		133 163 148 150
NORTH						
Green Bay Chicago Minnesota Detroit	5 4 2 2	3 5 5	0 0 0	.625 .571 .286 .286	176 126 129 183	136 114 144 165
WEST						
Seattle St. Louis Arizona San Francisco	4 4 3 2	3 4 4 6	0 0 0	.571 .500 .429 .250	123 140 133 137	140 141 198 178
WEEK NINE						

WEEN NINE
Byes: Denver, Jacksonville, San Francisco, St.
Louis, Tennessee, Washington
Sunday's games
(All times Eastern
Chicago vs. Buffalo (at Toronto), 1 p.m.
NY, Jets at Detroit, 1 p.m.
Miami at Baltimore, 1 p.m.
San Diena Heluston 1 p.m. San Diego at Houston, 1 p.m. Tampa Bay at Atlanta, 1 p.m. rampa aya ci Atlanta, J. p.m.
New Dreans at Carolina, J. p.m.
New England at Cleveland, J. p.m.
Arizona at Minnesota, J. p.m.
N.Y. Giants at Seattle, 4:05 p.m.
Kansas City at Oakland, 4:15 p.m.
Indianapolis at Philadelphia, 4:15 p.m.
Dallas at Green Bay, 8:20 p.m.
Monday's game.

Monday's game
Pittsburgh at Cincinnati, 8:30 p.m.

# **WEEK 19**

	UF	ww	-		PF PM	rı				
y-Montreal	17	12	5	0	517 445	24				
x-Hamilton	17	9	8	0	460 427	18				
x-Toronto	17	8	9	0	343 438	16				
Winnipeg	17	4	13	0	432 450	8				
WEST DIVISION										

-Calgary	17	12	5	0	591 427	24					
-Saskatchewan	17	9	8	0	466 465	18					
dmonton	17	7	10	0	359 514	14					
S.C.	17	7	10	0	443 445	14					
- clinched playoff berth											

 clinched division title. Tomorrow's game

(All times Fastern)

(All times Eastern)
Calgary at Winnipeg, 8 p.m.
Saturday's games
B.C. at Hamilton, 2 p.m.
Edmonton at Saskatchewan, 7 p.m.
Sunday's game
Toronto at Montreal, 4 p.m.
End of EEI Berullar Sasson End of CFL Regular Season

# NOT JUST A CLUB, IT'S THE CLUB.



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# Crossword

1 New York Giants founder Tim 5 Petrol

8 Counterfeit

12 Tied 13 Skedaddle

14 Head light?

15 Forbidden act

16 Venusian vessel

17 Grandson of Eve

18 False

20 Razor inserts

22 Donkey

23 "Monty Python" opener

24 Hesitate

27 Branch 32 Yoko of music

33 Larry's pal

34 Long March leader

35 Slender cigar

38 Nil

39 Greek vowel

40 Shad product 42 Buckle or button

45 Grab

49 Reed instrument 50 In olden times

52 Traditional tales 53 Charitable dona-

54 Energy 55 Exam format

56 Encounter

57 Away from WSW 58 Office part-timer

#### Down

1 Carte

2 Stratford's river 3 Landlord's due

4 Parka

5 Macabre

7 Uppity one 8 Scabbard 9 Nice-looking

10 Lotion additive 11 Rolling stone's lack

: .1

-25

19 "People" rival 21 Fleur-de- —

24 Jazz style 25 Literary collection 26 Isolated, and feel-

28 Page no. 29 Arousing terror 30 Rowing need

ina it

31 Excessively 36 Swear (to)

# 37 Menlo Park mond

<: ٠. ١

1

201

4.:

ï'ı

38 Enthusiast, plus 41 Broadcasting

42 Lather 43 Competent

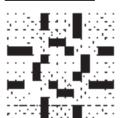
44 Church section 46 Ripped

47 Pull an all-nighter 48 Succor 51 Tonic mate

#### ➤ Yesterday's answer

٠.

н



For today's crossword answers and for expanded horoscopes, go to metronews.ca

## Sudoku

9       4       5     2     4     6       1     6     7     4								
5 2 4 6 1 6 7 4	8			1		9	2	7
1 6 7 4					9			4
		5	5	2	4	6		
	1			6	7	4		
6 2 5 9		6	6 2	5				9
2 9 8 3		2	2 9	8		3		
6 1	6		1					
4 8 3 7 5	4	8 3	3	7				5

# How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

FRIDAY

Max 10°

Min -2°

7	6	1	3	9	5	2	8	4
5	4	9	7	8	2	1	6	3
2	3	8	1	6	4	9	5	7
3	8	2	5	4	6	7	9	1
4	1	5	9	3	7	6	2	8
6	9	7	2	1	8	3	4	5
1	7	6	4	5	9	8	3	2
9	2	4	8	7	3	5	1	6
8	5	3	6	2	1	4	7	9

SATURDAY

Max 5°

Min -4°

# Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Noodles, I want to wish US a very Happy Anniversary for 14 years of marriage. We stuck together despite Bad jokes & Bad luck! Love you, NIBBLENOOSH

Dear Kkkkendra. You are my superhero. I love when we spend entire days together. Will you be my girlfriend? Hopefully from your future ball and chain. BERTAUS

MAXIMIIS

Kisses 2 the love of my life, i hope you have it in your heart to finally love me back, i will always be here for you, LOVE AVALEA

Snookle-Bunny, You truly are my Hubbily-bubbily hunnikins, and I wuv you so much. I'm so glad we're going to spend the rest of our lives together building pillow forts and the like. WIIV.

YOUR BLUMPKINS

# Today's horoscope

#### T Aries March 21-April 20

There is no reason to be too suspicious if someone makes you an offer today because the planets suggest they are on the level.

¥ Taurus April 21-May 21 Set your sights high today and keep them high right through tomorrow and the weekend. Some may say your goals are too tough but once you get started, your Taurus drive and determination will see you through to success.

II Gemini May 22-June 21 The most important thing today is that you stick with the task you are working on. Don't let other people tempt you off in a different direction. It's all about focus

# Gancer June 22-July 22 If

you ask for assistance you will be surprised how many people come running to help you. The reason is that you have helped them many times in the past.

Ω Leo July 23-Aug. 23 Nothing in life happens by chance each and every event is caught up in the great web of cause and effect. Bear that thought in mind today when a seemingly random event threatens to spoil your day.

TV Virgo Aug. 24- Sept. 22 You may find it hard to be forceful today but that's okay because with Mercury, your ruler, on good terms with Jupiter. planet of joviality, the only thing you need more of in your life is fun.

 ← Libra Sept. 23-Oct. 23 There is more than one way to get your point across and if for some reason you don't get the chance to speak today you can still let others know how you feel by the look in your eye.

> M Scorpio Oct. 24-Nov. 22 YOU seem to have the knack of doing the right thing in the right way at the right time, thanks to the Sun in your sign.

#### → Sagittarius

Nov. 23-Dec. 21 Communications planet Mercury makes a perfect link to your ruler Jupiter today, so even the most tongue-tied Sag will get along with just about everyone. One individual may be a bit unforthcoming but don't waste your time worrying about them

#### り Capricorn Dec. 22-Jan. 20 Your confidence may rise and

TODAY

Max 8°

Min -2°

fall alarmingly over the next 24 hours but it won't stop you pursuing your number one goal.

Aquarius Jan. 21-Feb. 18 Have you taken on too much? Should you tone down your plans? "No" and "No" again are the answers to those two questions.

)-( Pisces Feb. 19-March 20 If you give certain people the impression that you are too easygoing today they might be tempted to take advantage of you. The moment you feel they are stepping over the line you must stop them as firmly

SALLY BROMPTON

Michele McDougall
Weather Specialist
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM





#### You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.





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# Eliminate Back Pain! <





# **New Revolutionary Procedure** Finally in Edmonton!

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed procedure called Neuro-Decompression. In 2006, the technology used at CDPC won the Australian Design Award in the "Medical and Scientific" category.

This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. This procedure is a health Canada and FDA approved procedure. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly).

Neuro-Decompression is a three-phased system that was developed by CDPC doctors.

# How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

# What Are People Saying About the Treatment?

I suffered for four years with severe back pain caused by three compacted discs in the lower lumbar region of the spine. I could only walk for about half a block before the pain set in. I could only stand up for fifteen minutes before the pain would start.

After 22 treatments of decompression, my back pain was gone but I had very sore and stiff back muscles. I then went on a two-week tour of egypt which entailed walking over uneven ground climbing steps and down into tombs for four to six hours a day. My wife and I were toolly amazed there was no back pain; just some sore muscles with very slight discomfort. This was over a month ago and I'm still doing

I would not hesitate to recommend Canadian Decompression and Pain Centers to anyone, I have received excellent treatment from all clinic stuff.

- Oitford (Ben)Shindell, Edmonton

I have had a lot of problems with my lower back and with my sciotic nerve... I heard about CDPC and made an appointment...I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

I was experiencing stabbing pains in my lower back. After six treatments, the pain was gone and I had more mobility. I was recommended by a neighbour and have already suggested this treatment to a friend with back problems.

-Corol Pattinroth, Edmonton

I am very grateful to the doctor's and staff at the CDPC. After 20 years of back pain I was so fortunate to receive the decompression treatments. I am now pain free after 20 sessions. The staff is great! They are caring and compassionate people. -Rudi Marczak, Edmonton

Theart about CDPC from a friend who had read an at in a newspaper. Thad terrible lower back pain which I discovered was being cause by three hemisted discs with an epinching my science neive causing exoutiating pain and numbers in my feet and also conseing drop fact. I was to the point of using a case to get around. To this point I had tried chiegractic massage, and physiotherapy who suggested on MRI, which I had

I then called CDPC to have the consultation and they were sure they awid help me, i started taking my first treatments the first week of Nevember - four treatments per week with a total of twesty. After the first four treatments I felt some relief of pain and after 12 treatments was able to get along without the case, I have now finished my treatments and I feel 100% better and are able to enjoy life. I would like to give a special thank-you to the staff of CDPC for their compassion and care to me as their patients. I would highly recommend them for anyone's treatment.

- Ron Kelly, Edmonton

I worked in the machine industry as a machinist for over forty years. I have had a lot of problems with my lower back in the L4, L5 area and with my sciatic nerve over the last five

When I heard about CDPC I made an appointment to have my back checked. They set me up on a twenty week program. I progressed from severe pain to very little pain over the treatment program. I would recommend this procedure to anyone having lower back problems.

I would like to thank the doctors and staff of CDPC for helping me with my lower back.

-Kenneth R., Edmonton

#### CONDITIONS TREATED:

- Disc bulge or Herniation Spinal Stenosis

- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- verative disc disease

# www.canadiandecompression.com

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